

Being Healthy

At Oak Hill, we believe it is important to keep our children fit and healthy. Children have access to physical education twice a week during taught lessons by teachers or coaches. Children also have access to trim trails and exercise equipment at set times during the day. At break and lunchtimes, children are encouraged to be active, children have a range of playtime equipment to use during lunchtimes.

We are currently reviewing our strategies to promote healthy snacks at Oak Hill. At present, we have snack monitors allocated to each class to keep a survey of snacks which are brought into school.

